

PROJECT HYPERTROPHY

PHASE 6

A photograph of a muscular man from behind, performing a pull-up on a bar in a gym. He is shirtless, showing his back and shoulder muscles. He has a tattoo on his left shoulder. The gym equipment is red and black.

WEEKLY UNDULATING

By **Alain Gonzalez**

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TRAINING PRINCIPLES (STRENGTH)

VARIABLE	PROTOCOL
REPS	3-6
SETS	2-5
REST	3-5 Minutes
TEMPO	Concentric: Explosive Eccentric: 2 Seconds
BLOCK FREQUENCY	3 Days Per Week

TRAINING PRINCIPLES (HYPERTROPHY)

VARIABLE	PROTOCOL
REPS	8-12
SETS	2-4
REST	1-2 Minutes
TEMPO	Concentric: Explosive Eccentric: 3-4 Seconds
BLOCK FREQUENCY	6 Days Per Week

TRAINING PRINCIPLES (METABOLIC STRESS)

VARIABLE	PROTOCOL
REPS	15-20
SETS	2-3
REST	45-60 Minutes
TEMPO	Concentric: Explosive Eccentric: 1 Second
BLOCK FREQUENCY	6 Days Per Week

PHASE 5

WEEKLY UNDULATING

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1		Day 1	Recovery	Day 2	Recovery	Day 3	Recovery
WEEK 2	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5	Day 6
WEEK 3	Recovery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
WEEK 4	Recovery	Day 1	Day 2	Day 3	Recovery	Recovery	Recovery

WEEK 1 STRENGTH

DAY

1

EXERCISE	1 RM %	SETS	REPS
Squat	85%	4	3-5
Walking Lunges		4	6
Romanian Deadlift		4	5
Seated Hamstring Curl		4	6
Calf Raises		4	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Bench Press	85%	4	4-6
Incline DB Press		2	5
DB Shoulder Press		4	6
Lateral Raises		3	6
Rope Pushdown		3	6
OH Tricep Extensions		3	6

DAY

3

EXERCISE	1 RM %	SETS	REPS
Deadlift	85%	3	3-5
Seated Rows		3	5
Lat Pulldown		3	5
Face Pulls		3	6
Lateral Raises		3	6
Barbell Shrugs		3	6
DB Curls		3	6
Hammer Curls		3	6

WEEK 2 HYPERTROPHY

DAY	EXERCISE	1 RM %	SETS	REPS
1	Squat	75%	4	10
	Walking Lunges		3	8
	Romanian Deadlift		4	8
	Seated Hamstring Curl		3	10
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
2	Bench Press	75%	4	10
	Incline DB Press		2	8
	DB Shoulder Press		4	8
	Lateral Raises		2	12
	Rope Pushdown		2	12
	OH Triceps Extension		2	8

DAY	EXERCISE	1 RM %	SETS	REPS
3	Bent Over Rows		4	8
	Pull Ups		4	AMAP
	Face Pulls		3	12
	DB Shrugs		3	8
	Barbell Curls		2	10
	Reverse Curls		2	8

DAY	EXERCISE	1 RM %	SETS	REPS
4	Squat	80%	4	8
	Walking Lunges		3	10
	Romanian Deadlift		4	8
	Seated Hamstring Curl		3	10
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
5	Bench Press	80%	5	8
	Overhead Press		3	6
	Incline DB Press		3	6
	Lateral Raises		2	8
	Rope Pushdown		2	8
	OH Tricep Extension		2	10

DAY	EXERCISE	1 RM %	SETS	REPS
6	Deadlift	75%	3	8
	Seated Rows		3	10
	Lat Pulldown		3	8
	Face Pulls		3	12
	Lateral Raises		3	12
	Barbell Shrugs		3	10
	DB Curls		3	10
	Hammer Curls		3	8

WEEK 3 METABOLIC STRESS

DAY	EXERCISE	1 RM %	SETS	REPS
1	Squat	55%	3	15
	Walking Lunges		2	15
	Romanian Deadlift		3	15
	Seated Hamstring Curl		2	20
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
2	Bench Press	60%	3	15
	Incline DB Press		2	20
	DB Shoulder Press		3	15
	Lateral Raises		2	20
	Rope Pushdown		2	15

DAY	EXERCISE	1 RM %	SETS	REPS
3	Bent Over Rows		3	15
	Seated Rows		2	15
	Face Pulls		3	20
	Lateral Raises		2	15
	DB Shrugs		2	15
	Barbell Curls		2	15
	Reverse Curls		2	20

DAY	EXERCISE	1 RM %	SETS	REPS
4	Squat	55%	3	15
	Walking Lunges		2	15
	Romanian Deadlift		3	15
	Seated Hamstring Curl		2	20
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
5	Overhead Press		3	15
	Incline Bench Press		2	15
	DB Chest Fly		2	20
	Lateral Raises		2	20
	Rope Pushdown		2	15
	OH Tricep Extension		2	20

DAY	EXERCISE	1 RM %	SETS	REPS
6	Seated Rows		3	15
	Lat Pulldown		2	20
	Face Pulls		2	15
	Lateral Raises		2	15
	Barbell Shrugs		3	15
	DB Curls		2	20
	Hammer Curls		2	15

WEEK 4 STRENGTH

DAY	EXERCISE	1 RM %	SETS	REPS
1	Squat	90%	4	3
	Walking Lunges		4	6
	Romanian Deadlift		4	5
	Seated Hamstring Curl		4	6
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
2	Bench Press	90%	4	3
	Incline DB Press		2	5
	DB Shoulder Press		4	6
	Lateral Raises		3	6
	Rope Pushdown		3	6
	OH Triceps Extension		3	6

DAY	EXERCISE	1 RM %	SETS	REPS
3	Deadlift	90%	3	3
	Seated Rows		3	5
	Lat Pulldown		3	5
	Face Pulls		3	6
	Lateral Raises		3	6
	Barbell Shrugs		3	6
	DB Curls		3	6
	Hammer Curls		3	6